

Challenge



- 3 Complete these sentences for you about your diet. Use quantifiers.
- a I don't eat a lot of sweets because they are bad for my teeth.
 - b I drink _____.
 - c I eat _____ fruit because _____.
 - d I eat _____ vegetables because _____.

Challenge



- 3 Imagine you are going on a trip with your school friends. Decide on a location (the mountains, the country, the coast). Write a list of things you need to take. Write sentences using modal verbs.

I need to take my sleeping bag.

- 4 Values: Circle the correct option for you.
- a I **always** / **sometimes** / **never** make my bed in the morning.
 - b I **always** / **sometimes** / **never** recycle rubbish.
 - c I **always** / **sometimes** / **never** give my seat to an elderly person on a bus.
 - d I **always** / **sometimes** / **never** help my friends if they are upset about something.

Challenge



- 5 Write more examples of how you help others at home, at school or in your community.

Think about what you have studied in this unit. Answer the questions.



1 Which topics did you like and why?

2 Which activities did you like and why?

3 What did you find challenging and why?

4 What help do you need now?

5 What do you want to find out more about?

3 Complete these sentences about your diet.

- a I usually eat _____ for breakfast.
- b I always eat _____ for a snack.
- c I never eat _____ for lunch.
- d I sometimes eat _____ for lunch.
- e I often eat _____ for dinner.
- f I usually eat _____ before I go to bed.